

Eating a balanced diet is important for good health, strong bones and muscles. A balanced diet keeps our immune system strong, and gives us the energy to do the things we enjoy.

## Stay well hydrated

Staying hydrated is important for keeping your body healthy and functioning well. Aim to drink at least 6 glasses of fluid a day preferably water.



## 3 x healthy meals a day

Eating three healthy meals including protein, vegetables and fruit will give you the energy to keep active.



## Calcium-rich diet

Including calcium in your diet is important for maintaining bone strength. Aim for 3-4 serves of calcium rich food such as dairy, sardines and salmon.



## Boost vitamin D

Vitamin D is important for maintaining muscle and bone health. Vitamin D can be sourced from 10min of sunlight per day, fatty fish, eggs and fortified foods.



## Nourishing fluids

If you have a poor appetite, drink nourishing fluids, such as milkshakes, smoothies and soups. It may help to speak to your GP.



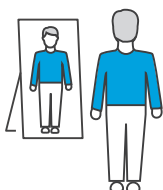
## Keep it simple

Stock long-lasting foods, such as dried milk powder, tinned soup, rice pudding in the pantry and ready meals in the freezer.



## Keep an eye on yourself

If you notice your clothes are tighter or looser seek advice from a health professional.



## Enjoy food

Preparing meals and cooking are good ways to stick to a routine, and can be an enjoyable part of the day. Dig out your favourite recipes or try new ones.



## Ask for help

If you have trouble shopping or cooking for yourself, there are services available. Contact Commonwealth Care Link on **1800 052 222** (free call) for help.

